

Nachos with Diced Chicken USDA Recipe D28 for CACFP

Meal Components: Grains, Meat / Meat Alternate

D28

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen, cooked diced chicken, thawed, 1/2" pieces	2 lb 8 oz	2 qt 2/3 cup	5 lb	1 gal 1 1/3 cups	<div>1. Place chicken and spices in a medium stock pot. Heat over medium heat uncovered for 2 minutes.</div> <div>2. Critical Control Point: Heat to 165 °F or higher for 15 minutes.</div> <div>3. Critical Control Point: Hold for hot service at</div>
Ancho chili powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Mexican seasoning mix (See Notes Section)		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Chili powder		2 Tbsp		1/4 cup	
Ground cumin		2 Tbsp		1/4 cup	
Salt		1/4 tsp		1/2 tsp	
Paprika		2 tsp		1 Tbsp 1 tsp	
Onion powder		2 tsp		1 Tbsp 1 tsp	

4. Set chicken aside for step 12.

Canned low-sodium pinto beans, drained	1 lb 6 oz	3 cups 1 tsp (1/3 No. 10 can)	2 lb 12 oz	1 qt 2 cups 2 tsp (2/3 No. 10 can)	5. Pour beans into a food processor.
*Dry pinto beans	1 lb 6 oz	3 cups 1 tsp	2 lb 12 oz	1 qt 2 cups 2 tsp	
Water		1/2 cup		1 cup	6. Pour water slowly in processor while beans are pureeing on medium speed for 1-2 minutes.
Water		3/4 cup		1 1/2 cups	7. Add remaining water and puree on low for 3 minutes until beans have a smooth consistency. 8. Pour pureed beans into a large stock pot uncovered over medium heat for 15 seconds. 9. Transfer beans into a steam table pan (12" x 20" x 2 1/2"). Set aside for step 11.
Whole-grain tortilla chips	1 lb 10 oz	250 chips	3 lb 4 oz	500 chips	10. First layer: Arrange 11 chips on a plate. 11. Second layer: Using a No. 20 scoop, portion 2 Tbsp 1 1/2 tsp (about 2 oz) beans on top of chips. 12. Third layer: Using a No. 16 scoop, portion 1/3 cup (about 1 1/2 oz) chicken on top of beans.
Low-fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	13. Fourth layer: Sprinkle 1 Tbsp (about 1/3 oz)

(Optional) Low-fat sour cream	1 lb 9 oz	2 1/4 cups 3 Tbsp	3 lb 2 oz	1 qt 3/4 cup 2 Tbsp	14. (Optional) Portion 1/8 cup (about 1 oz) sour cream with No. 30 scoop.
(Optional) Pico de Gallo (G-15)					15. (Optional) Portion pico de gallo with No. 16 scoop (1/4 cup). See G-15 for recipe ingredients and directions.
					16. Serve 1 plate of chicken nachos.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Serving

NSLP/SBP Crediting Information: 1 plate of chicken nachos provides:

Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate and 1 oz equivalent grains.

OR

Legume as Vegetable: 2 oz equivalent meat/meat alternate and 1 oz equivalent grains.

CACFP Crediting Information: 1 plate of chicken nachos provides:

Legume as Meat/Meat Alternate: 2 oz meat/meat alternate and 1 serving grains/bread.

OR

Legume as Vegetable: 2 oz meat/meat alternate and 1 serving grains/bread.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked beans.

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Dry pinto beans	1 lb 6 oz	2 lb 12 oz

Serving	Yield	Volume
See Notes	25 Servings: about 8 lb 10 oz 50 Servings: about 17 lb 4 oz	25 Servings: about 1 gallon 1 1/4 cups / 1 steam table pan (12" x 20" x 2 1/2") 50 Servings: about 2 gallons 2 1/2 cups / 2 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	244	Saturated Fat	3 g	Iron	1 mg
Protein	15 g	Cholesterol	32 mg	Calcium	64 mg
Carbohydrate	25 g	Vitamin A	96 IU	Sodium	355 mg
Total Fat	9 g	Vitamin C		Dietary Fiber	4 g